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Project AIM: We will be using staff mobility education, incorporating music and movement interventions, to increase staff mobility documentation by 25%, staff mobility confidence by 25% and patient mobility by 10%, on both the ACE Unit and HICU by July 2019.

- **Lack of mobility and functional decline are often cited as leading to poor outcomes for older patients. Barriers to mobility include:**
 - **Lack of staff confidence in safe mobility**
 - **Patient/family knowledge regarding the importance of mobility**
 - **Patient/family resources for safely mobilizing without nursing staff**
- **As a part of our Age-Friendly initiative journey, we recognized that mobility is one of the most difficult to hardwire within the 4Ms Framework. UAB Geriatric Scholars developed and implemented a mobility and music protocol and toolkit on two inpatient units.**

Kalisch, B.J., Lee, S., & Dabney, B.W. (2013). Outcomes of inpatient mobilization: a literature review. *Journal of Clinical Nursing*, 23(11-12), 1486-1501. doi: 10.1111/jocn.12315.

Wald, H., Ramaswamy, R., Perskin, M. J., Roberts, L., Bogaisky, M., Suen, W., & Mikhailovich, A. (2018). The case for mobility assessment in hospitalized older adults: a white paper from the American Geriatrics Society. *Journal of the American Geriatrics Society*, 67(1), 11-16. doi: 10.1111/jgs.15595.

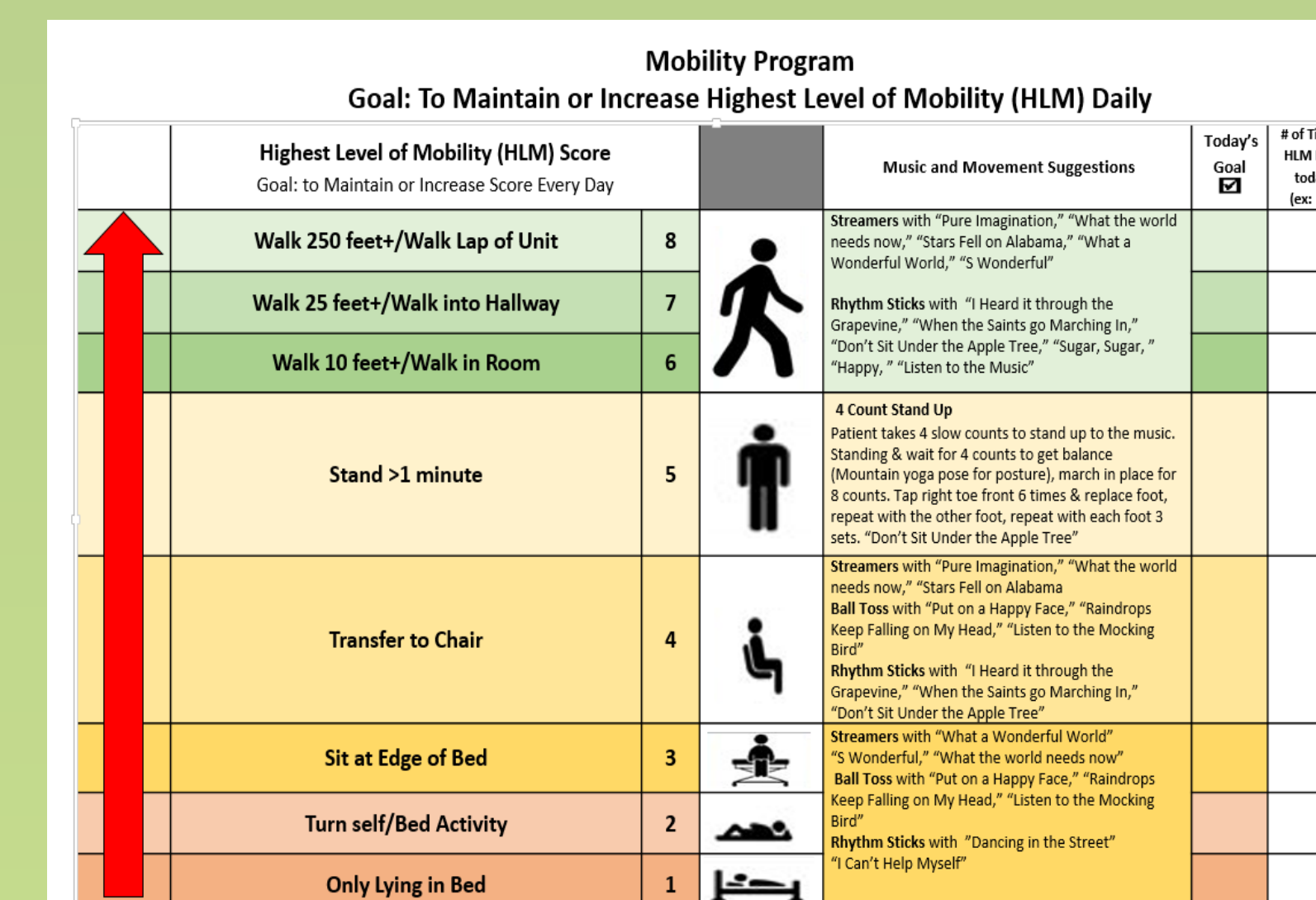
Institute for Healthcare Improvement (IHI). (2019). What is an Age-friendly health system? <http://www.ihl.org/Engage/Initiatives/Age-Friendly-Health-Systems/Pages/default.aspx>

Staff education and training was provided over a 2 week period on our ACE unit and HICU. We reviewed transfers, proper use of gait belts, and introduced a new mobility toolkit and resources detailed below:

The music toolkit provides an innovative and engaging way to discuss mobility with staff, patients, and their families.

Toolkit items included:

- CD player
- CD with motivational songs
- Rhythm sticks
- Crepe paper to make disposable streamers
- Soft balls for tossing back and forth



- **Laminated mobility scale with a section that provides movement and music suggestions for each mobility score**
- **Hung in the patient rooms for easy reference for staff**

- For staff to provide to patients and family members
- Education on the importance and benefits of mobility
- Movement suggestions to do at home
- Included the songs to go along with each movement

Pre and post data was collected for the following metrics:

- **Staff documentation of mobility scores**
- **Mobility level of patients**
- **Staff surveys**

Through the use of this toolkit, UAB Medicine patients' mobility goals can be met in a more fun and motivating way while also promoting unique independent safe mobilization.

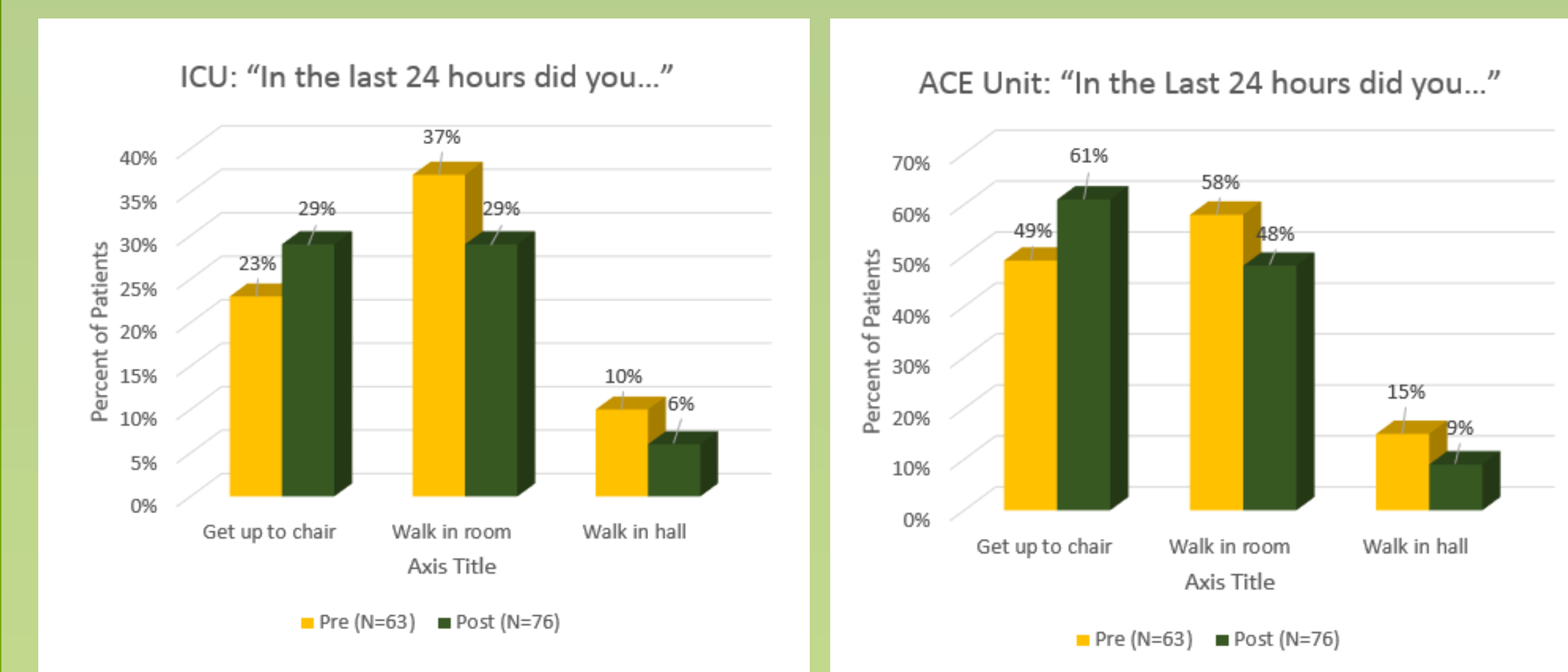
- Education sessions to train HELP Volunteers and therapy department on use of the toolkit
- Adding a mobility music channel to the hospital television system
- Measuring falls data for units using the toolkit

- **Mobility score documentation increased from 80% pre-implementation to 86% post-implementation.**

- Of note, patients' baseline and current functioning were higher in the pre-implementation phase.

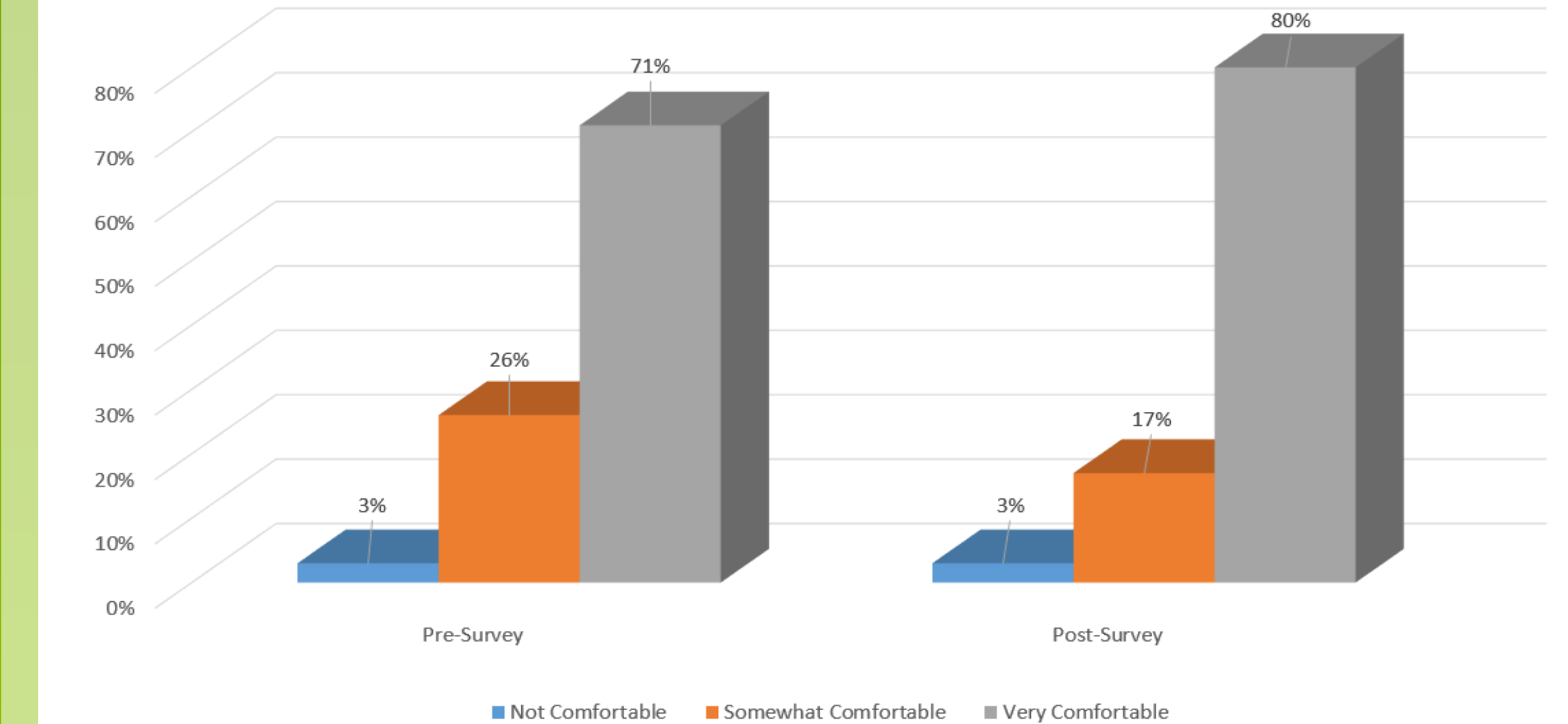
Mobility and Music Project- Patient Demographics

Variable: N (%) or Mean \pm SD	Pre (N=103)	Post (N=66)
Mean Katz Scores*		
Baseline	9.1 \pm 4.1	7.6 \pm 5.0
Most recent current	7.1 \pm 4.5	6.2 \pm 5.0



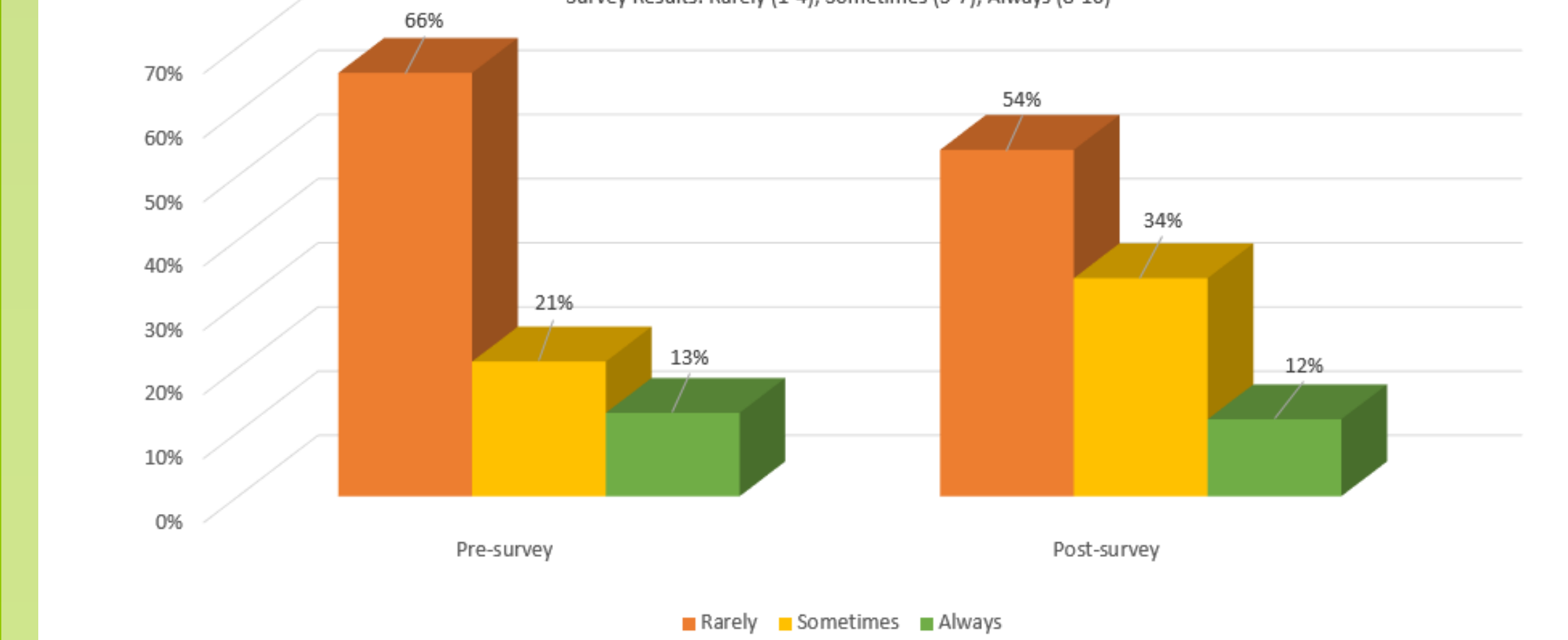
Mobility Survey- Comfort Level Using Mobility Scale

Pre-survey- n=37; Post-survey- n=35
Survey Results: Not comfortable (1-4); Somewhat comfortable (5-7); Very Comfortable (8-10)



How Often Do you Incorporate Music Mobility Interventions with Patients

Pre-survey- n=37; Post-survey- n=35
Survey Results: Rarely (1-4); Sometimes (5-7); Always (8-10)

**Survey Comments:**

What did you find most helpful about the mobility training?

"Makes it fun."

“Everyone likes music.”

“Encouraging the patient more as well as getting all staff involved!”

"Music makes mobility more fun."

“Different alternatives to improving mobility.”

“Improving mobility will improve patient outcomes, making moving fun is what can make a difference.”